CLAIMS:

(previously presented) A blank for forming a building element, the blank comprising:
 an elongate body portion having first and second ends and a plurality of transverse fold
 lines which divide the body portion into a plurality of panels, the panels each having first and
 second longitudinal edges;

one or more first tab members extending from the first end of the body portion; and one or more first apertures adjacent the second end of the body portion; wherein each of said plurality of panels has at least one second tab extending from said first longitudinal edge and a side flange portion adjacent said second longitudinal edge, and wherein each side flange portion is provided with at least one second aperture.

- 2. (previously presented) The blank of claim 1, wherein each side flange portion is divided from its respective panel by a longitudinally extending fold line which extends along the length of the body portion, and wherein the side flange portions are adapted to be folded substantially perpendicular to their respective panels.
- (previously presented) The blank of claim 1, wherein the body portion has an end flange
 portion adjacent the second end thereof, the at least one first aperture being formed in the end
 flange portion.
- 4. (previously presented) The blank of claim 1, wherein the end flange portion is divided from the body portion by one of the plurality of transverse fold lines, and wherein the end flange portion is adapted to be folded substantially perpendicular to the body portion.
- (previously presented) The blank of claim 1, wherein one or more of the panels includes a strengthening formation thereon.

- (previously presented) The blank of claim 1, wherein one or more of the panels is provided with a third aperture adapted to receive a reinforcing means.
- (previously presented) The blank of claim 1, wherein the building element is a building block (12).
- 8. (previously presented) The blank of claim 1, the blank being formed from sheet metal.
- (previously presented) The blank of claim 1, the blank being formed from sheet plastics.
- 10. (previously presented) A building block formed from the blank according to claim 1.
- 11. (currently amended) A building element comprising:

a body portion having first and second ends and comprising a plurality of integrally formed panels adapted to define the perimeter of the building element, wherein each panel has first and second longitudinal edges;

at least one first connecting member adapted to be attached to the panels adjacent their first longitudinal edges;

at least one second connecting member adapted to be attached to the panels adjacent their second longitudinal edges; and

a third connected connecting member adapted to be attached to the body portion adjacent the first end thereof:

wherein the first and second connecting members are provided with first and second attachment means, respectively, each of the attachment means being adapted to attach the building element to an adjacent building element, and wherein the third connecting member is adapted so as to engage the second end of the body portion;

characterized in that the first and second attachment means are integrally formed with their respective first and second connecting members.

- 12. (currently amended) The building element of claim 11, further comprising a fourth connecting member adapted to be attached to the body portion adjacent the second end thereof, wherein the third and fourth connecting members are adapted so as to be mutually engagable.
- 13. (previously presented) The building element of claim 12, wherein the third and fourth connecting members are each provided with a resilient engagement member adapted to engage with one another.
- 14. (previously presented) The building element of claim 12, wherein the third connecting member includes one or more apertures therein, and the fourth connecting member includes one or more tabs projecting therefrom for engagement with the apertures in the third connecting member.
- 15. (previously presented) The building element of claim 11, wherein the first and second connecting members are each formed from a single piece of material and each is adapted to follow the perimeter of the building element.
- 16. (previously presented) The building element of claim 11, wherein the building element comprises a plurality of first and second connecting members attached to each longitudinal edge of each panel.
- 17. (previously presented) The building element of claim 11, wherein each of the connecting members is attached to the body portion using an attachment method selected from the group comprising riveting, gluing and crimping.

- 18. (currently amended) The building element of claim 11, wherein each of the connecting members is provided with a plurlisty the first attachment means comprises a plurality of engagement teeth and each panel includes the second attachment means comprises a plurality of cells, the teeth being adapted to be inserted in the cells of an adjacent building element.
- 19. (previously presented) The building element of claim 18, wherein each engagement tooth has a first engagement portion projecting in a first direction and a second engagement portion projecting in a second, substantially opposite, direction.
- (previously presented) The building element of claim 11, wherein each of the second connecting members includes a strengthening rib projecting therefrom.
- 21. (previously presented) The building element of claim 11, wherein each of the first connecting members includes a strengthening rib projecting therefrom.
- 22. (previously presented) The building element of claim 11, wherein the first attachment means comprises at least one tab projecting from the first connecting member, and the second attachment means comprises at least one aperture adapted to receive the at least one tab of an adjacent building element.
- 23. (previously presented) The building element of claim 11, wherein the first attachment means comprises a first fastener element and a detachable fastener member adapted to attach to the first fastener element, and the second attachment means comprises a second fastener element adapted to receive a fastener member of an adjacent building element.
- 24. (previously presented) The building element of claim 11, wherein the first attachment means comprises a detent projecting from the first connecting member, and the second

attachment means comprises a resilient catch adapted to engage with the detent of an adjacent building element.

- 25. (previously presented) The building element of claim 11, wherein the body portion is formed from a single sheet of extruded cellular plastics material having a plurality of cells therein.
- (previously presented) The building element of claim 11, wherein each connecting member is formed from sheet metal.
- (previously presented) The building element of claim 11, wherein the connecting members are formed from a plastics material.
- 28. (previously presented) The building element of claim 11, wherein at least one of the connecting members is integrally formed with the body portion.
- 29. (previously presented) A blank for forming a building element, the blank comprising: an elongated body portion having first and second ends and a plurality of first apertures formed therein; and

first and second side portions integrally formed with the body portion, each side portion being divided from the body portion along a first longitudinally extending fold line;

wherein each side portion has at least one second longitudinal fold line which divides the side portion into at least two sections, and wherein at least one side portion has a plurality of tabs extending laterally therefrom.

30. (previously presented) The blank of claim 29, further comprising first and second end flanges adjacent the first and second ends of the body portion, each end flange divided from the body portion along a transverse fold line.

- 31. (previously presented) The blank of claim 29, wherein the plurality of first apertures are formed in two substantially parallel lines extending longitudinally along the body portion.
- (previously presented) The blank of claim 29, wherein each of the first and second side portions has a plurality of tabs extending laterally therefrom.
- (previously presented) The blank of claim 29, wherein the building element is a door lintel.
- 34. (previously presented) The blank of claim 29, wherein the plurality of first apertures are formed substantially in a single line extending longitudinally along the body portion.
- (previously presented) The blank of claim 32, wherein the building element is a window
 sill.
- (previously presented) The blank of claim 29, wherein the blank is formed from sheet metal.
- (previously presented) The blank of claim 29, wherein the blank is formed from a plastics material.